

kena upanishat

om aapyaayantu mamaangaani vaakpraaNah chakshuh shrotram atho balam indriyaaNi cha
sarvaaNi | sarvam brahma upanishadam maa aham brahma niraakuryaam maa maa brahma
niraakaarodaniraakaraNam astvaniraakaraNam me astu | tadaatmani nirate ya upanishatsu
dharmaaste mayi santu te mayi santu |

om shaantih shaantih shaantihi ||

om keneshitam patati preshitam manah
kena praaNah prathamah praiti yuktaha |
keneshitaam vaachamimaam vadanti
chakshuh shrotram ka u devo yunakti || 1 ||

shrotrasya shrotram manaso mano yad
vaacho ha vaacham sa u praaNasya praaNaha |
chakshuh chakshur atimuchya dheeraah
pretya asmaallokaad amrutaa bhavanti || 2 ||

na tatra chakshu gacChati na vaaggacChati no manaha |
na vidmo na vijaaneemo yathaitat anushishyaat || 3 ||

anyadeva tadviditaadatho aviditaadadhi |
iti shushruma poorveshaam ye nastadvyaachachakshire || 4 ||

yadvaaachaa anabhyuditam yena vaagbhyudyate |
tadeva brahma tvam viddhi nedam yadidamupaasate || 5 ||

yanmanasaa na manute yenaahurmano matam |
tadeva brahma tvam viddhi nedam yadidamupaasate || 6 ||

yacchakshushaa na pashyati yena chakshoomshi pashyati |
tadeva brahma tvam viddhi nedam yadidamupaasate || 7 ||

yacChotreNa na shruNoti yena shrotramidam shrutam |
tadeva brahma tvam viddhi nedam yadidamupaasate || 8 ||

yatpraaNena na praaNiti yena praaNah praNeeyate |
tadeva brahma tvam viddhi nedam yadidamupaasate || 9 ||

|| iti kenopanishadi prathamah khanDaha ||

yadi manyase suvedeti dahamevaapi
noonam tvam vettha brahmaNo roopam |
yadasya tvam yadasya deveshvatha nu
meemaamsyemeva te manye viditam || 1 ||

naaham manye suvedeti no na vedeti veda cha |
yo nastadveva tadveva no na vedeti veda cha || 2 ||

yasyaamatam tasya matam matam yasya na vedah saha |
avigyaatam vijaanataam vigyaatam avigyaanataam || 3 ||

pratibodhaviditam matamamrutatvam hi vindate |
aatmanaa vindate veeryam vidyayaa vindate amrutam || 4 ||

iha chedavedeedatha satyamasti
na chedihaavedeenmahatee vinashTihi |
bhooteshu bhooteshu vichitya dheeraah
pretyaasmaallokaadamrutaa bhavanti || 5 ||

|| iti kenopanishadi dviteeya khanDaha ||

brahma ha devebhyo vijigye tasya ha brahmaNo
vijaye devaa amaheeyanta || 1 ||

ta aikshantaasmaakamevaaya vijayo asmaakamevaayam mahimeti |
tadvaishaam vijagnou tebhyo ha praadurbabhoova tanna vyajaanata kimidam yakshamiti || 2 ||

te agnimabruvanjaataveda etadvijaaneehi
kimidam yakshamiti tatheti || 3 ||

tadabhyadravattamabhyavadatko aseetyagnirvaa
ahamasmeetyabraveejjaatavedaa vaa ahamasmeeti || 4 ||

tasmimstvayi kim veeryamityapeedaim sarvam
daheyam yadidam pruthivyaamiti || 5 ||

tasmai truNam nidadhaavetaddaheti |
tadupapreyaaya sarvajavena tanna shashaaka dagdhum sa tata eva
nivavrute naitadashakam vignaatum yadetadyakshamiti || 6 ||

atha vaayumabruvanvaayavetadvijaaneehi
kimetadyakshamiti tatheti || 7 ||

tadabhyadravattamabhyavadatko aseeti vaayurvaa
ahamasmeetyabraveenmaatarishvaa vaa ahamasmeeti || 8 ||

tasmimstvayi kim veeryamityapeedam
sarvamaadadeeya yadidam pruthivyaamiti || 9 ||

tasmai truNam nidadhaavetadaadastveti
tadupreyaayarvajavena tanna shashaakaadatum sa tata eva
nivavrute naitadashakam vignaatum yadetadyakshamiti || 10 ||

athendram abruvan maghavann etad vijaaneehi kim etad yaksham iti tatheti
tad abhyadravatt asmaattirodadhe || 11 ||

sa tasminnevaakaashe striyamaajagaama bahushobhamaanaamumaam
haimavateem taamhovaacha kimetadyakshamiti || 12 ||

|| iti kenopanishadi truteeyah khanDaha ||

saa brahmeti hovaacha brahmaNo vaa etadvijaye maheeyadhvamiti tato haiva vidaanchakaara
braheti || 1 ||

tasmaadvaa ete devaa atitaraamiva anyaan devaan yad agnir vaayur indraste
hyenannedishTham pasparshuste hyenatprathamo vidaanchakaara brahmeti || 2 ||

tasmaadvaa indro ati taraamivaan yaan devaansa hyenannedishTham pasparsha sa
hyenatprathamo vidaanchakaara brahmeti || 3 ||

tasyaisha aadesho yadetsdvidyuto vyadyutadaa3 iteen nyameemishadaa3 ityadhidaivatam
|| 4 ||

athaadhyaatmam yaddetadgacChateeva cha mano anena chaitadupasmaratyabheekshNam
sankalpaha || 5 ||

taddha tadvanam naama tadvanamityupaasitavyam sa ya etadevam vedaabhi hainim sarvaaNi
bhootaani samvaanChanti || 6 ||

upanishadam bho brooheetyuktaa ta upanishadbraahmeem vaava ta upanishadamabroometi
|| 7 ||

tasai tapo damah karmeti pratishThaa vedaah sarvaangaani satyamaayatanam || 8 ||

yo vaa etaamevam vedaapahatya paappaanamanante svarge loke jyeye pratitishThati
pratitishThati || 9 ||

|| iti kenopanishadi chaturthah khanDaha ||

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niraakaaroda niraakaraNamastva niraakaraNam me astu | tadaatmani nirate ya upanishatsu
dharmaaste mayi santu te mayi santu |

om shaantih shaantih shaantihi ||

|| iti kenopanishad ||